HAM, CHEESE AND SALAD WRAP



SHOPPING LIST:

- One Wholewheat wrap
- 30g cheddar cheese (grated)
- 3 slices ham
- Handful spinach
- 4 cherry tomatoes
- Fruit for lunchbox.

COSTINGS: *0.60p per meal

NUTRITIONAL INFORMATION:

Calories: 194 |

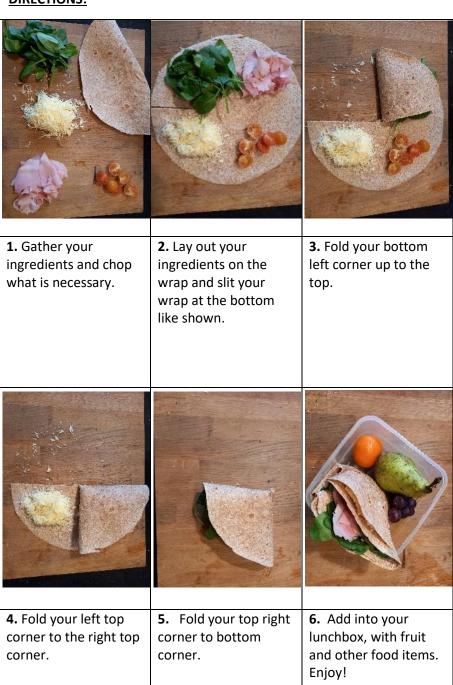
Carbohydrates: 29g | Protein: 20g | Fat: 18g | Saturated Fat: 8.3g | Salt: 2.1g | Fibre: 3.9g | Sugar:

4g

Wholemeal wraps are a good source of fibre, b vitamins, and carbohydrates. Cheese and ham provide tasty fat and protein, and the spinach and tomato provide vitamins and minerals such as iron, folate, and vitamin c.

Preparation time:	Cook time:	Servings:
20 mins	0 mins	1

DIRECTIONS:



Christchurch Food Festival Education Trust: Charity Number 1127292 Bournemouth University: MSc Nutrition and Behaviour: Francesca

*Average Supermarket Pricing as of March 2021